

Healthy Eating Makes the Grade ACTION UPDATE

June 2012

MUSIC	CV	CV		CV	CV
PHYSICAL EDUCATION					
ARITHMETIC	A-	A-	A-	B+	A
Level of instruction					
Understands the meaning of numerals	+	+		+	+
Knows and uses number facts	+	+		+	+
Solves problems by reasoning	+	+		+	+
LANGUAGE	A-	A-	A-	A-	A
Level of instruction					



SPRING HIGHLIGHTS!

Since our February update, the three HEMG working groups have been busy meeting, planning, and organizing in order to advocate for better school food environments.

- Over 1300 Thunder Bay students in grades 7-12 were surveyed to discover how they use and interact with the food environments around their schools.
- Presentations were made to three school boards asking them to adopt a statement of support for school gardens.
- Advocacy training for youth and adults from the HEMG partnership informed and inspired participants with effective advocacy tactics.
- A Letter to the Editor regarding the School Food and Beverage Policy was published in the Chronicle Journal on May 19, responding to comments from MPP Sarah Campbell.
Read it on our wiki at:
www.wikitbhemg.wikispaces.com

FALL SCHOOL GARDEN TOUR

Join other teachers and parent volunteers in a tour of gardens popping up at local schools.

Come and learn how they were started. Get ideas and be inspired. Connect with others interested and involved in the school garden movement.

Watch for your invite coming in September.



SAVE THE DATE!

Let's keep the momentum going on our Healthy Eating Makes the Grade projects.

Mark your calendar for the next meeting on
**Wednesday, September 19
12:30-3:30.**

More details to come.

INTERESTED IN JOINING A WORK GROUP?

More hands and ideas are always welcome!

Email Erin at:
erin.beagle@redcross.ca

Share your school garden images for the launch of a provincial campaign to
**IMAGINE A GARDEN
IN EVERY SCHOOL.**

Check out
kidsgrowing.ca
for details.



Deadline is June 19!



HEART & STROKE FOUNDATION This project was made possible through funding from the Heart and Stroke Foundation.



**CANADIAN
RED CROSS
CROIX-ROUGE
CANADIENNE**



**Thunder Bay District
Health Unit**

GREAT INITIATIVES FROM YOUTH FOOD AMBASSADORS

On April 13, the Food Ambassador teacher leads from 5 schools met to share best practices and to discuss challenges, opportunities for collaboration, and ways to increase student engagement. It was a productive meeting that set the stage for more Food Ambassador activities next fall.

One new school has joined the Food Ambassador movement – Welcome Westgate CVI! It has an active breakfast club and is currently looking for ways to increase student activities addressing access to healthy food in their school.

Superior CVI Food for Thought launched a campaign to raise awareness of the dangers of energy drinks. This creative campaign included a “white board attack,” distribution of information to all classroom teachers, school-wide announcements and costumes. The event inspired discussion and turned heads.

Hammariskjold LiveSmart group hosted another successful salad bar, attracting more than 150 students to fresh veggies for lunch.

All high schools have been invited to start a group. For more details, contact Karling at: karling.zaporzan@tbdhu.com

PLANTING SEEDS TO SUPPORT SCHOOL GARDENS

Over the past few months, the School Food Garden Committee made presentations to the three local school boards asking each to develop a statement of support for school food gardens.

The boards were provided a sample statement and process document, courtesy of the Vancouver Board of Education, that would support schools when starting a school food garden.

The French Catholic Board has confirmed that they will be including a statement and supporting process when they update their board policies during the 2012-2013 school year!

As well, the committee hosted the “Get the Dirt on School Gardens”, workshop in February. It attracted 20 people representing 8 schools across the Thunder Bay region.

Connections are being made with school board resource libraries to include resources that help teachers develop activities and lessons using school gardens.

Please pass on suggestions for great resources connected to garden-based learning!

For more details, contact Jen at laileyjen@gmail.com or Janice at janice.piper@tbdhu.com

HEALTHY SCHOOL FOOD ZONES MAPPING THE ENVIRONMENT

The Healthy Food Zone Committee has undertaken an extensive survey and mapping project to examine the food environment around schools in Thunder Bay and discover how students are interacting with it.

The survey was initiated in April. So far, over 1300 responses have been received from students in grades 7-12. Thank you to all participating schools and students!

In partnership with the City of Thunder Bay Mapping Division, and with funding from a Healthy Communities grant, GIS maps are being developed that plot where schools and eating establishments are in relation to one another within a walking radius of 200, 400 and 600 metres.

These maps will be cross-referenced with the surveys to develop the school food environment picture that the committee needs to decide what policy angle would best suit our city.

Next steps include partnering with Lakehead University's Geography Department to do statistical analysis of the data and adjusting the maps to highlight the relationships that emerge from the surveys.

For more details, contact Catherine at catherine.schwartz@tbdhu.com

HELPFUL HINTS ON ADVOCACY

Here are some tips from the Youth Advocacy Training Institute (YATI) workshops that took place in May.

- When using any advocacy tactic it is important that you're able to express your views in a way that invites people to listen to you.

- Be prepared. Make notes with the name, organization and the points you want to address before calling or visiting someone.
- Try to keep your message to one subject.
- Always be polite and calm. Do not argue or threaten even if people do not agree with you. Your opinions will carry more weight if you are reasonable.

- Only answer questions that you know the answers to. Misinformation is worse than no information.
- Some people might disagree with your ideas. Don't take it personally. Be polite, accept their opinion and go on to the next person.

From the YATI Advocacy for Health 101 – participant guide